

Carlsbad Paradise Cafe by the Sea

June 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti & Meatballs Marinara Sauce, Italian Vegetables, Tossed Salad Garlic Bread & Fruit 	2 Beef Stroganoff Noodles, Carrots Sweet & Sour Cabbage Salad Dinner Roll & Pears National Rocky Road Ice Cream Day	3 Fish with Sauce Aurora (tomato béchamel with shellfish bisque) Lemon-Herb Orzo Spinach & Caesar Salad French Bread & Fruit <u>ALTERNATE SALAD</u> Caesar Salad with Steak	4 Lentil Soup & Cashew Chicken Salad Lettuce & Tomato Croissant Applesauce Cake Day	5 Philly Cheese Steak Sauteed Mushrooms, Onions & Peppers, Lettuce, Tomato, Pickles, Pepperocinis Steak Fries Fresh Fruit
8 Swedish Meatballs Creamy Dill Sauce Parsley Potatoes Mixed Vegetables Dinner Roll Fruit	9 BBQ Chicken Mashed Potatoes & Gravy, Coleslaw Strawberry Shortcake on a Biscuit Bingo Every Tuesday - 1:00 	10 Herb Roasted Tri Tip Sauce Bordelaise Garlic Roasted Potatoes Succotash Garlic Bread Iced Tea Day <u>ALTERNATE SALAD:</u> Southwest Chicken Salad	11 Hawaiian Pork Ginger, Soy, Pineapple Mashed Sweet Potatoes Stir Fried Vegetables Polynesian Salad with Pineapple & Mandarins Roll Free Movie: 1 PM in the Auditorium	12 Krabby Cake Fettuccine Alfredo Vegetable Medley Mixed Green Salad Italian Bread Fresh Fruit
14 Chili Dogs with Cheese Potato Salad Coleslaw Apple Cobbler Ice Cream 	15 Santa Fe Meatloaf (pork, beef, tomato, garlic, red pepper, spices) Mashed Potatoes & Gravy Peas & Carrots Marinated Tomato & Cucumber Salad Sourdough Bread Pudding	16 Fresh Veggies Day Arroz con Pollo Chicken with Rice Black Beans, Fiesta Salad Vegetable Crudite with Ranch Dip Tortilla & Orange <u>ALTERNATE SALAD</u> Cobb Salad with Chicken, Blue Cheese, Bacon	17 Vegetable Lasagna Marinara Sauce, Cheese Caesar Salad Garlic Bread Pineapple  HAPPY BIRTHDAY	18 FATHER'S DAY CELEBRATION Bourbon Honey Glazed Chicken Breast Cranberry Pecan Rice Broccoli & Carrots Tomato Gratin Chocolate Cake
21 Chicken Piccata Rice Pilaf Capri Vegetables Mixed Greens with Tomatoes & Cucumbers Fresh Fruit	22 Beef Stew with Carrots, Onions and Celery, Parsley Potatoes, Mixed Baby Greens with Pears & Raspberry Dressing Whole Wheat Bread Chocolate Éclair Day	23 Ginger Chicken Stir Fried Noodles Oriental Vegetables Asian Cabbage Salad Mandarin Oranges Fortune Cookie <u>ALTERNATE SALAD</u> Chef Salad	24 National Soul Food Month Brown Sugar Glazed Ham Spinach with Bacon & Onion Black-eyed Peas Biscuit Pumpkin Cake	25 Turkey Lover's Day Turkey Burger Lettuce, Tomato Garlic Potato Wedges Fruited Coleslaw Ice Cream Sundae 
28 Garlic Chicken Mashed Potatoes Gravy Corn Greek Salad Italian Bread Fruit	29 Stuffed Peppers Marinara Sauce Penne Pasta Spinach Salad with Shredded Carrots Garlic Bread Fruited Jello	30 Fish Tacos Cilantro, Onion, Cabbage & Tomatoes Jalapeño-Cilantro Aioli Cumin Rice & Beans Mandarin Oranges <u>ALTERNATE SALAD</u> Spinach Salad with Bacon, Egg, Mandarins	 "The Curious Case of Benjamin Button" with Brad Pitt	MENU SUBJECT TO CHANGE RESERVATIONS (760)602-4655

Carlsbad Paradise Café by the Sea

Information – (760) 602-4650



The Carlsbad Senior Center serves nutritious “HOT” meals
Monday - Friday in our Dining Room.

The **suggested donation for seniors who are 60+ is \$3.50.**

A **\$5.00** lunch fee applies to non-seniors.

On every Wednesday we offer an alternate salad
so please specify if you want the Entrée or Salad.

Advance reservations can be made in person or by calling (760) 602-4655.
Please tell us the day you’re attending lunch and leave your full name and phone number.

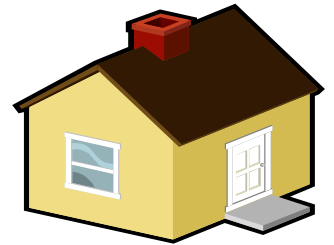
Cancellations can be made by calling (760) 602-4655.

Dining room seating is available at 11:00am and lunch is served at 12 Noon.
You may **forfeit** your lunch reservation if you do not check-in prior to 11:45am.

We also deliver meals to “homebound” seniors living in Carlsbad
Monday-Friday for a **suggested donation of \$4.00**

In addition, frozen meals are available
for the weekend and will be delivered on Fridays.

For information call (760) 602-4652.



Transportation to the Center for lunch and back home is available
Monday-Friday to Carlsbad seniors 60+ and unable to drive.



For transportation reservations call (760) 602-4650. Transportation for
medical appointments is provided Monday, Tuesday, Thursday and Friday.
Appointments must be made in advance.

Wednesday transportation is reserved for shopping at Stater Brothers or Trader Joe’s.
The first Thursday of the month transportation is provided to go to Wal-Mart

Special transportation option is available every Tuesday for lunch & Bingo
and the second Thursday of each month for lunch and our FREE monthly MOVIE.

This Program is supported by the City of Carlsbad and Older Americans Act Funds through San
Diego County Aging & Independence Services.

No eligible person will be denied a meal or transportation
because of failure or inability to contribute.

*** Creating Community through People, Parks and Programs ***